Lab A3-6  Target Heart Rate Zone Using the Heart Rate Reserve Method

Determining Your Target Heart Rate Zone

1. Determine your resting heart rate: After 10 minutes of complete rest, measure your pulse either at your wrist or at one of your carotid arteries.

   Resting heart rate (RHR): __________ bpm

2. Determine your maximum heart rate: If you cannot take a treadmill test to measure your maximum rate precisely, approximate it by subtracting your age from 220.

   Maximum heart rate (MHR): 220 – (age) = __________ bpm

3. Determine your heart rate reserve by subtracting your resting heart rate from your maximum heart rate.

   Heart rate reserve (HRR): (MHR) – (RHR) = __________ bpm

4. Determine your target heart rate. Training effects occur when heart rate is higher than resting heart rate by an amount that is 50–85% of HRR. Multiply your heart rate reserve by 50% and 85% and then add the result to your resting heart rate. (If you have a very low level of fitness, use 40% of heart rate reserve to calculate the lower end of your target heart rate range.)

   50% training intensity = (HRR) × 0.50 + (RHR) = __________ bpm

   85% training intensity = (HRR) × 0.85 + (RHR) = __________ bpm

   Target heart rate zone = __________ to __________ bpm

Example: A 19-year-old female with a resting heart rate of 65 bpm

   220 – 19 = 201 bpm

   201 – 65 = 136

   (0.50 × 136) + 65 = 133 bpm

   (0.85 × 136) + 65 = 181 bpm

   Target heart rate zone = 133 to 181 bpm